

# **Kiwanis Park Swimming Pool Activities and Pool Schedules**

### **Swimming Lesson General Information**

The City of Tempe Community Services Department provides a progressive program for students who wish to learn or improve their swimming skills. This program is certified by the Starfish Institute. If you have concerns regarding your child's progress or ability level, please discuss them with the instructor or pool manager.

Fees for each class must be paid at the time of registration.

A student may register for a maximum of one learn-to-swim class using any of the registration procedures below. A student may also register for special classes in addition to a swimming class.

Students may register for additional learn-to-swim classes after they have completed a class. At the end of the seventh lesson, each student will be provided with a skill progress sheet for the class in which he/she is currently participating and information on the next appropriate class.

Students will only be permitted to register for the next level of class by providing their skill progress sheet with their registration form.

All pre-registration activities are subject to cancellation three days prior to the start date if minimum registration is not met.

### Swim Lesson Program Class Descriptions

### **Parent-Assisted Lessons; 30-Minute Classes**

#### Star Babies (8-12 mos.)

Designed to be an infant's first introduction to water adjustment with an emphasis on parent participation/education, as well as safety skills and fun. One child per adult.

#### Star-Infant (12-24 mos.)

Designed with an emphasis on parent participation, safety skills, comfort and fun. One child per adult.

### **Star-Tot (24-36 mos.)**

For older tots to continue water adjustment, swim readiness skills and safety skills. One child per adult.

### Star-Shrimps (2-4 yrs)

For preschool children who are not ready for an independent swim program, or the child who has mastered the Parent-Tot class and is ready for more swim-readiness skills. One child per adult.

## Preschool-Age Lessons; 30-Minute Classes (Suggested Ages 3-5 yrs)

### **Sea Horse Swim School**

### **Sea Horse White**

For children ready to participate in an aquatic class on their own. Emphasis on basic water adjustment, breath-control and floating.

### **Sea Horse Red - Prerequisite Skills**

Blow bubbles, fully-submerge unassisted; front and back float with support.

### **Sea Horse Yellow - Prerequisite Skills**

Jump into 4 ft. of water; float for 5 seconds back and front.

### Sea Horse Blue - Prerequisite Skills

Jump-in and swim 10 ft., return; back glide 10 ft.

### Sea Horse Green - Prerequisite Skills

Tread water 15 seconds, swim 20 ft. with side-breathing; Backstroke with kick, 20 ft

## School Age Lessons; 30-Minute Classes (Suggested Ages: 6 yrs+)

### **Starfish Swim School**

### White/Red - Prerequisite Skills

For the child with little or no formal instruction in aquatic skills. Class emphasis is on water adjustment skills, bubbles and breath-control, submerging, and front and back float with flutter-kicking.

### **Yellow - Prerequisite Skills**

Jump into 4 ft. of water; float for 5 seconds, back and front.

### **Blue - Prerequisite Skills**

Jump-in and swim 10 ft. and return; back glide 10 ft.

### **Green - Prerequisite Skills**

Tread water 15 seconds, swim 20 ft. with side-breathing; Backstroke with kick, 20 ft

#### Starfish Stroke School

#### White/Red - Prerequisite Skills

Jump-in, swim 25 yds. Freestyle and return with rhythmic-breathing; 25 yds. Backstroke.

### **Yellow - Prerequisite Skills**

Freestyle and Backstroke 50 yds.; Butterfly kick 10 yds.

### **Blue - Prerequisite Skills**

Freestyle and Backstroke 75 yds.; Butterfly 10 yds.; Breaststroke kick 10 yds.

### **Aquatics**

### **Green-Prerequisite Skills**

Swim 100 yds. Freestyle and Backstroke; 25yds. Butterfly; and 25 yds. Breaststroke.

### **Adult Lessons**

### **Adult Beginner - Prerequisite 15 yrs+**

Class is designed for adults who wish to learn to swim, and will be geared to meet the needs of individuals. Emphasis is on adapting to the water and introduction to the Front Crawl, back float and safety skills.

### Adult Intermediate - Prerequisite 15 yrs+

Class is designed for adults who have mastered the beginner skills and can swim 25 yds. using the Front Crawl.

### **Adult Stroke Improvement - Prerequisite 15 yrs+**

Class is designed to improve upon and refine current skills rather than teach strokes.

#### **Adult Fitness**

### **Water Fitness (Aerobics)**

A fitness class incorporating warm-ups, 25-40 minutes of aerobic exercise, a cool-down period, and exercises to tone and strengthen muscles. No swimming ability required.

### **Deep Water Fitness (Aerobics)**

This is a water fitness class using deep water as its medium. Participants should be comfortable in deep water. The class will use some flotation devices to exercise.

### **City Aquatics Teams**

#### **Swim Teams**

This program focuses on learning competitive stroke technique, while emphasizing the benefits of personal improvement in a recreational team environment. Children will have the opportunity to participate in recreational competitive meets. Dual and tri-meets are held between pools around the valley, generally on Saturday mornings. Practice begins on June 1, and a parent meeting will be held on first day during practice.

Participants need to be 6 yrs+ by the start of the program and can demonstrate the following skills: Swim 25 yards using the Front Crawl stroke, tread water, and are comfortable on the back in deep water. Participants over 10 years of age should be familiar with competitive strokes and able to perform the following skills: 25 yards of Front Crawl or Freestyle, 25 yards of Backstroke, be familiar with Breaststroke and the Dolphin or Butterfly kick. A screening will be held the first day to test these skills. If the participant cannot complete these skills, he or she can be reassigned to lessons or receive a refund.

The annual Arizona Parks and Recreation Association Swimmers' Classic State Meet will be held Sat., July 23, at Kino Pool in Mesa. Participation in this meet is optional and requires an additional registration fee.

### **Kiwanis Piranhas**

26051	11-17 yrs	M-Th	6/1-7/24	8-9 a.m.	\$62
26052	6-10 yrs	M-Th	6/1-7/24	9-10 a.m.	\$62
	,				
Escala	ante Bar	racu	das		
26191	All Ages	M-Th	6/1-7/24	8:30-9:30 a.m.	\$50

### **Kiwanis Park Wave Pool**

Come splash and play in our indoor, heated wave pool. Rent a tube and float the waves, then enjoy an icy soda and hot pizza at Kiwani Island Snack Bar. We have a few safety rules for your visit: Children under age 8 must have an adult with them at all times. No water wings or other floatation devices permitted. The minimum height to use the water slide is 48".

### **Wave Pool Hours**

May 1 - May 29; Saturdays and Sundays, 1-5 p.m. May 30 - July 31; Monday through Sunday, 1-5 p.m. Aug. 6 - 28; Saturdays and Sundays, 1-5 p.m.

### **Special Holiday Wave Pool Hours**

May 30 1-5 p.m. July 4 1-5 p.m. Sept. 3 1-5 p.m.

### **Wave Pool Fees**

Adults (13 yrs+) \$6 1-5 p.m. Children (2-12 yrs) \$3 1-5 p.m.

### **Mid-Day Wave Hour Rates**

3-5 p.m. (During wave days only)

Adults (13 yrs+) \$ 4 Children (2-12 yrs) \$ 2

\*No other discounts maybe used with this discount

### **Lap Swimming Hours**

Effective May 30 - Aug 7

 Monday - Thursday
 7-9 a.m.\*

 Friday
 7- 8:30 a.m.

 Monday - Thursday
 5:15-8 p.m.\*

 Saturday
 8-11 a.m.\*

\*Except during private rentals

#### **Lap Swim Admission Fees**

Adults (13 yrs+) \$2.25 Children (2-12 yrs) \$1.25

### **Discount Lap Swim Passes**

	Adult	Youth	Family
Punch (20 visit) Pass	\$34	\$18	N/A 🕯
Quarterly Pass	\$57	\$28	\$169

### **Junior Lifeguard Program**

This is a Summer Volunteer Program for youth, ages 13-15, who are interested in becoming a lifeguard. The program will provide opportunities for participants to experience many of the facets of day-to-day life-guarding and teaching swim lessons.

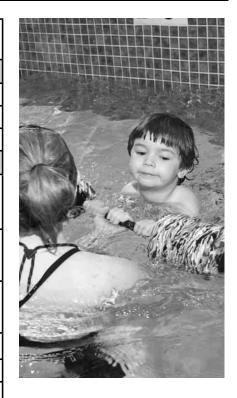
Interested participants must complete an application that can be obtained at the Kiwanis Recreation Center, or online at www.tempe.gov/pools/jrguards. Application deadline is May 2. The most qualified applicants will be contacted and scheduled for interviews. Candidates will be selected based on the needs of the City of Tempe pools. Selected Junior Guards will be trained to assist in First Aid, CPR and Water Safety Instruction during training in June.

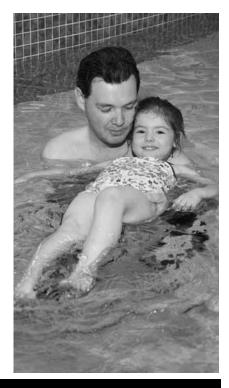
Junior Guards who have completed the training will be given work schedules for programs beginning June 6.

Selection for this program does not guarantee future employment with the City of Tempe Aquatics Program.

Kiwanis Pool Morning Swim Lesson Schedule 480-350-5201 Classes meet four days a week (Monday-Thursday) for two weeks. Fees for Swim Classes: \$46 \*No class on July 4; make up on July 8

Class Title	Time	Session I 6/6-6/16	Session II 6/20-6/30	Session III 7/5-7/14*	Session IV 7/18-7/28	
Parent-Assisted Classes						
Star Infants	10:10 a.m.	25850	25851	25852	25853	
Star Tot	9:35 a.m.	25880	25881	25882	25884	
Star Shrimps	11:20 a.m.	25860	25861	25862	25863	
	Sea Ho	orse Swim Scho	ol; Ages 3-5 y	rs		
Sea Horse White	9:35 a.m. 10:10 a.m. 11:20 a.m.	25777 25773 25781	25778 25774 25782	25779 25775 25783	25780 25776 25784	
Sea Horse Red	9:35 a.m. 10:10 a.m. 10:45 a.m.	25733 25737 25729	25734 25738 25730	25735 25739 25731	25736 25740 25732	
Sea Horse Yellow	9:35 a.m. 10:10 a.m. 10:45 a.m.	25821 25825 25829	25822 25826 25830	25823 25827 25831	25824 25828 25832	
Sea Horse Blue	10:10 a.m.	25707	25708	25709	25710	
Sea Horse Green	10:45 a.m.	25722	25723	25724	25725	
Sea Horse Stroke School	10:10 a.m.	25769	25770	25771	25772	
	Starf	ish Swim Schoo	l; Ages 6 yrs-	-		
Starfish White/Red	9:35 a.m. 10:45 a.m. 11:20 a.m.	26375 26010 26020	26376 26011 26021	26377 26012 26022	26378 26013 26023	
Starfish Yellow	10:10 a.m. 11:20 a.m.	26035 26039	26036 26040	26037 26041	26038 26042	
Starfish Blue	10:45 a.m. 11:20 a.m.	25968 25972	25969 25973	25970 25974	25971 25975	
Starfish Green	10:45 a.m. 11:20 a.m.	25990 25994	25991 25995	25992 25996	25993 25997	
Starfish Stroke School; Ages 6 yrs+						
Starfish Stroke White/Red	10:45 a.m.	25934	25935	25936	25937	
Starfish Stroke Yellow	10:10 a.m. 10:45 a.m.	25946 25950	25947 25951	25948 25952	25949 25953	
Starfish Stroke Blue	11:20 a.m.	25901	25902	25903	25904	
Starfish Stroke Green	11:20 a.m.	25914	25915	25916	25917	





Want to keep a good class going? Register early!

## **Aquatics**

### Kiwanis Pool Evening Swim Lesson Schedule 480-350-5201 Classes meet twice a week (Monday/Wednesday) for four weeks. Fees for Swim Classes: \$46 \*No class on July 4; make up on July 8

Class Title	Time	Session I 6/6-6/29	Session II 7/6-7/27*	Session II 8/1-8/24		
Parent-Assisted Classes						
Star Babies	6:40 p.m.	25847	25848	25849		
Star Infants	6:05 p.m.	25857	25858	25859		
Star Tot	5:30 p.m. 7:15 p.m.	25890 25893	25891 25894	25892 25895		
Star Shrimps	6:40 p.m. 7:15 p.m.	25870 25873	25871 25874	25872 25875		
Sea	a Horse Swim S	School; Ages 3-	5 yrs			
Sea Horse White Sea Horse Red	5:30 p.m. 6:05 p.m. 6:40 p.m. 7:15 p.m. 6:05 p.m.	25794 25797 25800 25803 25750	25795 25798 25801 25804 25751	25796 25799 25802 25805 25752		
Sea Horse Neu	6:40 p.m. 7:15 p.m.	25753 25756	25754 25757 25757	25755 25758		
Sea Horse Yellow	5:30 p.m. 6:05 p.m. 6:40 p.m.	25833 25836 25839	25834 25837 25840	25835 25838 25841		
Sea Horse Blue	5:30 p.m. 6:40 p.m.	25711 25714	25712 25715	25713 25716		
Sea Horse Green	6:05 p.m.	25726	25727	25728		
S	tarfish Swim So	chool; Ages 6 y	rs+			
Starfish White/Red	5:30 p.m. 6:05 p.m.	26017 26014	26018 26015	26019 26016		
Starfish Yellow	6:05 p.m. 6:40 p.m.	26046 26043	26047 26044	25981 26045		
Starfish Blue	5:30 p.m. 7:15 p.m.	25979 25976	25980 25977	25981 25978		
Starfish Green	7:15 p.m.	25998	25999	26000		
Si	tarfish Stroke S	chool; Ages 6 y	rs+			
Starfish Stroke White/Red	6:05 p.m.	25927	25928	25929		
Starfish Stroke Yellow	5:30 p.m. 6:40 p.m.	25954 25957	25955 25958	25956 25959		
Starfish Stroke Blue	5:30 p.m. 7:15 p.m.	25905 25908	25906 25909	25907 25910		
Starfish Stroke Green	7:15 p.m.	25918	25919	25920		
	Adult	Lessons				
Adult Beg.	7:50 p.m.	25696	25697	25698		
Adult Inter.	7:50 p.m.	25690	25691	25692		
Adult Stroke Improvement	7:50 p.m.	25693	25694	25695		





# Kiwanis Pool Tuesday/Thursday Classes 480-350-5201 Classes meet twice a week for four weeks.

Fees for Swim Classes: \$46 \*No class on July 4; make up on July 8

Class Title	Time	Session I 6/7-7/30	Session II 7/5-7/25	Session II 8/2-8/25	
Parent-Assisted Classes					
Star Babies	6:40 p.m.	25844	25845	25846	
Star Infants	5:30 p.m.	25854	25855	25856	
Star Tot	6:05 p.m.	25883	25885	25886	
Star Shrimps	5:30 p.m.	25864	25865	25866	
	6:40 p.m.	25867	25868	25869	
Se	a Horse Swim	School; Ages 3-	5 yrs		
Sea Horse White	6:05 p.m.	25791	25792	25793	
	6:40 p.m.	25785	25786	25787	
	7:15 p.m.	25788	25789	25790	
Sea Horse Red	5:30 p.m.	25741	25742	25743	
	6:05 p.m.	25744	25745	25746	
	6:40 p.m.	25747	25748	25749	
	7:15 p.m.	25761	25762	25763	
Sea Horse Yellow	5:30 p.m.	25812	25813	25814	
	6:05 p.m.	25815	25816	25817	
Sea Horse Blue	5:30 p.m.	25701	25702	25703	
	6:40 p.m.	25704	25705	25706	
Sea Horse Green	5:30 p.m.	25719	25720	25721	
9	Starfish Swim S	chool; Ages 6 y	rs+		
Starfish White/Red	6:05 p.m.	26001	26002	26003	
	6:40 p.m.	26004	26005	26006	
	7:15 p.m.	26007	26008	26009	
Starfish Yellow	5:30 p.m.	26026	26027	26028	
	6:40 p.m.	26029	26030	26031	
Starfish Blue	6:05 p.m.	25962	25963	25964	
	7:15 p.m.	25965	25966	25967	
Starfish Green	5 p.m.	25984	25985	25986	
	6:05 p.m.	25987	25988	25989	
S	tarfish Stroke S	School; Ages 6	yrs+		
Starfish Stroke White/Red	6:05 p.m.	25921	25922	25923	
	7:15 p.m.	25924	25925	25926	
Starfish Stroke Yellow	5:30 p.m.	25940	25941	25942	
	6:40 p.m.	25943	25944	25945	
Starfish Stroke Blue	6:05 p.m.	25898	25899	25900	
Starfish Stroke Green	6:05 p.m.	25911	25912	25913	





## Want to keep a good class going? Register early!

### **Aquatics**

### **Kiwanis Pool Saturday Classes** Classes meet once a week for six weeks. Fees for Swim Classes: \$35. 480-350-5201 \* No class on July 2

Class Title	Time	Session I 6/4-7/16*	Session II 7/23-8/27
	Parent-Assis	sted Classes	
Star-Tot	10:10 a.m.	25896	25897
Star-Shrimps	9:35 a.m. 10:45 a.m.	25876 25877	25878 25879
Sea Ho	rse Swim So	hool; Ages 3-5	yrs
Sea Horse White	9 a.m. 10:10 a.m. 10:45 a.m.	25806 25807 25810	25808 25809 25811
Sea Horse Red	9 a.m. 9:35 a.m.	25759 25760	25764 25765
Sea Horse Yellow	9:35 a.m. 10:10 a.m.	26205 25842	26206 25843
Sea Horse Blue	10:10 a.m.	25717	25718
Starfi	sh Swim Scl	nool; Ages 6 yrs	5+
Starfish White/Red	10:45 a.m.	26024	26025
Starfish Yellow	9:35 a.m. 10:10 a.m.	26049 26207	26050 26208
Starfish Blue	9 a.m.	25982	25983
Starfi	sh Stroke Sc	hool; Ages 6 yr	S+
Starfish Stroke White/Red	9 a.m.	25938	25939
Starfish Stroke Yellow	9:35 a.m. 10:45 a.m.	25960 26210	25961 26211
Starfish Stroke Blue	9 a.m.	26212	26213
	Adult L	essons	
Adult Beg.	10:45 a.m.	25699	25700

### **Tempe Opportunities Brochure** now available for pick-up at Tempe Fry's Food Stores!



### **Kiwanis Pool Water Aerobics Schedule**

Class Title	Day	Time			
Pool V	Pool Water Aerobics 5/30-8/7				
Deep Water	M/W	6:40 p.m.			
Water Fitness	M/Th	8 a.m.			
	M/W	5:30 p.m.			
	T/TH	8 a.m.			
	T/TH	6:40 p.m.			
	Sa	9 a.m.			

### **Program Card Fees – Water Fitness**

4 Workouts: \$16 / 6 Workouts: \$24 / 8 Workouts: \$32 Purchase cards at Kiwanis Front Desk; classes are on-going

### **Escalante Pool**

2150 E. Orange Street May 28 - August 7 480-350-5204

#### **Fees**

Children Under 6	FREE
Children 6-17 yrs	\$ .75
Adults 18 vrs+	\$1.25

#### **Recreation Swim**

M-Th	1-5 p.m.
F	1-7 p.m.
Sa	1-5 p.m.
Su	1-6 p.m.

### **Holiday Hours**

May 30	1-5 p.m.
July 4	1-5 p.m.

### **Summer Swimming Pool Passes**

(Not Valid at Kiwanis Wave Pool) Available for Sale Beginning May 23

### **20-Punch Pass**

Entitles pass user to 20 admissions to recreational swim at Escalante.

26328	Adult	\$19	17-65 yr
	Youth	\$11	6-17 yrs
	Senior	\$11	65 yrs+

### **Season Swim Pass**

Entitles pass user to admission to recreational swim at Escalante.

26329	Adult	\$31	17-65 yrs
	Youth	\$19	6-17 yrs
	Senior	\$19	65 yrs+
	Family	\$57	•

Escalante Pool Evening Swim Lesson Schedule
Tuesday/Thursday Classes
Classes meet twice a week for four weeks. Fees for swim classes: \$27. 480-350-5201 \* No class on July 2

Class Title	Time	Session I 6/7-7/30	Session II 7/5-7/28
Parent-Assisted Classes			
Star-Tot	5:30 p.m.	26121	26122
Star-Shrimps	6:05 p.m.	26113	26114
Sea Horse Swim School; Ages 3-5 yrs			
Sea Horse White	5:30 p.m. 6:05 p.m. 6:40 p.m.	26077 26079 26081	26078 26080 26082
Sea Horse Red	5:30 p.m. 6:05 p.m.	26061 26063	26062 26064
Sea Horse Yellow	5:30 p.m. 6:40 p.m.	26099 26101	26100 26102
Sea Horse Blue	5:30 p.m.	26053	26054
Starfish Swim School; Ages 6 yrs+			
Starfish White/Red	6:40 p.m.	26164	26165
Starfish Yellow	6:05 p.m.	26178	26179
Starfish Blue	6:40 p.m.	26154	26161
Starfish Stroke School; Ages 6 yrs+			
Starfish Stroke White/Red	6:40 p.m.	26134	26135
Starfish Stroke Yellow	6:40 p.m.	26146	26147





## **Indoor Wave Pool Sports Parties Toddler Parties**

Parties for kids of all ages. For more information visit www.tempe.gov/kiwanis/birthday, or call 480-350-5201.

